

## Fried Green Tomatoes

*Recipe by Chef Marvin Woods*

**Yield:** Serves 6

### Ingredients

6 green medium size tomatoes cut into ½ inch thick  
¾ cup all purpose flour  
½ teaspoon onion powder  
½ teaspoon garlic powder  
½ cup yellow cornmeal  
3 egg whites, beaten  
1 tablespoon parsley, chopped  
¼ teaspoon black pepper  
¼ teaspoon sea salt  
1 cup canola oil



**Instructions:** Sprinkle all green tomato slices with salt and pepper. Place ½ cup flour in shallow bowl. Add garlic and onion powder to this flour bowl. Mix remaining ¼ cup flour with cornmeal in another shallow bowl and mix together. Add the parsley to the egg whites. Working with 1 green tomato slice at a time, coat with the flour spice mixture, shake off excess flour and then dip in egg mixture. Last dip the slice in the flour-cornmeal mixture and transfer to a baking sheet. Repeat until all the tomato slices are coated. Line second a baking sheet with paper towels. Heat oil in heavy large skillet over medium-high heat. Working in batches, fry the tomato slices until golden brown, about 2 minutes per side. Using a slotted spoon, transfer to the paper toweled baking sheet; sprinkle with salt and pepper.

**Note:** May also be served as an appetizer for up to 6 people.

### Total Nutrition Facts (per serving)

Calories:	172
Total Fat	7.5g
Saturated Fat	0.6g
Trans Fat	0.22g
Cholesterol	0mg
Sodium	111.7mg
Total Carb.	23.1g
Dietary Fiber	2.7g
Sugars	5.6g
Protein	5g